Amendments to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

1. (Currently Amended) A cable bolt, comprising:

a tendon composed of a plurality of strands, the tendon having a plurality of spaced-apart bulbous portions, wherein all the strands in each bulbous portion are spaced apart from one another substantially about the periphery of each bulbous portion; and

a plurality of rigid elements each including an outermost surface, wherein the bulbous portions house the rigid elements and all the strands ~~in each bulbous portion~~ of the tendon extend at least in part around the outermost surface of a rigid element contained in the bulbous portion, wherein there is minimal clearance between the outermost surface of the rigid element and a broadest part of the bulbous portion.

2. (Previously Presented) The cable bolt according to claim 1, wherein a bulb diameter of the bulbous portions varies along the length of the cable bolt.

3. (Previously Presented) The cable bolt according to claim 1, wherein a bulb frequency of the bulbous portions varies along the length of the cable bolt.

4. (Previously Presented) The cable bolt according to claim 1, wherein the rigid element is a solid sphere.

5. (Previously Presented) The cable bolt according to claim 1, wherein the minimal clearance is about 0.2 mm (0.008 inches) to about 3 mm (0.118 inches).

6.-10. (Cancelled)

11. (Currently Amended) A cable bolt used to stabilize a ~~rock~~ surface or face against collapse ~~in hard rock mining~~, the cable bolt comprising:

a tendon including a plurality of strands, the tendon having a plurality of spaced-apart bulbous portions, wherein all the strands in each bulbous portion are spaced apart from one another substantially about the periphery of each bulbous portion; and

a plurality of rigid elements each including an outermost surface, wherein the bulbous portions house the rigid elements and all the strands ~~in each bulbous portion~~ of the tendon extend at least in part around the outermost surface of a rigid element contained in the bulbous portion.

12. (Cancelled)

13. (Currently Amended) A method of forming a cable bolt including a tendon composed of a plurality of strands, the tendon having a plurality of spaced-apart pre-formed bulbous portions, wherein all the strands in each bulbous portion are spaced apart from one another substantially about the periphery of each bulbous portion forming a cavity, the method comprising the steps of:

a) prising apart two of the strands of a pre-formed bulbous portion;

b) inserting a rigid element including an outermost surface into the pre-formed bulbous portion; and

c) releasing the prised apart strands such that an inherent tension in the prised apart strands encourages the strands to return to the original configuration of the pre-formed bulbous portion, wherein all the strands ~~in the bulbous portion~~ of the tendon extend at least in part around the outermost surface of the rigid element contained in the bulbous portion.

14.-15. (Cancelled)

16. (Currently Amended) A cable bolt, comprising:

a tendon including a plurality of strands, the tendon having a plurality of spaced-apart pre-formed bulbous portions, wherein all the strands in each pre-formed bulbous portion are spaced apart from one another substantially around the periphery of each pre-formed bulbous portion; and

a plurality of rigid elements each including an outermost surface, wherein the rigid elements are inserted into a pre-formed bulbous portion and housed therein and all the strands ~~in the pre-formed bulbous portion~~ of the tendon extend at least in part around the outermost surface of a rigid element contained in the bulbous portion.

17. (Currently Amended) A method of forming a cable bolt including a tendon including a plurality of strands, the method comprising the steps of:

a) forming a plurality of spaced-apart bulbous portions within the strands of the tendon;

b) prising apart two of the strands of a bulbous portion;

c) inserting a rigid element having an outermost surface into the bulbous portion; and

d) releasing the prised apart strands such that an inherent tension in the prised apart strands encourages the strands to return to the original configuration of the bulbous portion, such that each rigid element remains housed within the bulbous portion, wherein all the strands ~~in each bulbous portion~~ of the tendon extend at least in part around the outermost surface of a rigid element contained in the bulbous portion.

18. (Previously Presented) The method of claim 17, wherein the step of forming each bulbous portion comprises spacing apart all the tendon strands from one another substantially about the periphery of the bulbous portion.

19. (Previously Presented) The method of claim 17, further comprising the step of encasing in resin one or more bulbous portions at an end of the cable bolt to be inserted first into a borehole.